

ABSTRACT OF DISCLOSURE

Data communications terminals efficiently transfer image and audio data across a data circuit without being affected by the degree of congestion of the data circuit by altering, in accordance with the degree of congestion, the image and sound qualities and/or the transfer rate of each frame while maintaining minimum preferred qualities of the image and audio data. To do this, a transmitting terminal (2) and a receiving terminal (4) have the same data transfer capabilities. The data transfer capability include a transmission capability that enables regulation of the image and sound qualities and/or frame rate of each data frame to be transmitted from the transmitting terminal (2) to the receiving terminal (4) based on whether the measured data transmission time required to transmit a respective data frame has increased or not. The data transfer capability also includes a reception capability that enables measurement of data reception time required for the receiving terminal (4) to receive a respective data frame transmitted from the transmitting terminal (2) and returns the measured data reception times to the transmitting terminal (2). The transmitting terminal (2) regulates the image and sound qualities and/or frame rate of a subsequent data frame to be sent based on the data transmission time and/or the data reception time.

REPRESENTATIVE FIGURE FIG.3